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**Montrose Community Trust Programmes**

**Just Play Over 30’s – Mondays 6.30pm – 8pm**

Our recreational football programme for adults over the age of 30 provides a fun, relaxed, and informal avenue for men to retain their love of the game without the need for weekly hall bookings, complicated rules, and fancy strips. Simply just turn up, get put into teams, and play!  
  
This initiative serves to provide both physical and social benefits for adults who may be experiencing long term inactivity often due to injury, illness, and work commitments, or simply for those people who wish to continue to play some form of football, albeit in a slightly more relaxed manner.

**Just Play Women – Mondays 6pm – 7pm**

This programme provides recreational football opportunities for females over the age of 16.

The new initiative will provide a fun, relaxed, and informal avenue for females to enjoy football without the need for weekly hall bookings, complicated rules, and fancy strips, whether it be for those looking to rekindle their love of the sport, looking to start an alternative form of exercise, or experienced players looking to add an extra light hearted session to their week.

Simply register, book your space, turn up, get put into teams, and play!

This initiative serves to provide both physical and social benefits for adults who may be experiencing long term inactivity often due to injury, illness, and work commitments, or simply for those people who wish to continue to play some form of football, albeit in a slightly more relaxed manner.

**Men’s Walking Football & Women’s Walking Football – Mondays 7pm – 8pm**  
Walking Football has become increasingly popular, and is the fastest growing sport across the UK.  
  
It’s exactly what it sounds like, a slowed down version of the beautiful game where players must walk instead of run. It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness levels, as well as supporting people back into football who may have given up the sport due to age or injury.  
  
Walking Football can provide participants with many health benefits, such as helping lower blood pressure, increasing mobility, and increasing general fitness levels to name just a few.  
  
The sport can also offer many social benefits, and can also help combat mental health by bringing people together and participating in a team sport.  
  
We offer two men’s sessions per week, as well as a Women’s only session, believed to be the first of its kind in the UK, and our competitive men’s team won the 2016 Scottish Cup and then going on to represent Scotland in the Home Nations tournament facing teams from England and Wales.

**Girls Only Soccer School – New day and time TBC**

Our Girls Only Soccer School provides girls with fun yet developmental football sessions, with participants attending working through our very own Soccer STAR curriculum, with the STAR representing Skill, Teamwork, Athleticism, and Respect.

Our sessions are designed to cater for all ages, abilities, and aspirations, whether it be for a new participant just beginning their football journey, or a player currently participating in competitive football for a team, we really can cater for all.

This programmes forms part of an extensive female football pathway in Montrose, presenting football opportunities for all ages, abilities, and aspirations, including the girls section of Montrose Youth Football Club and Montrose FC Women.

**Links Park Soccer School – Mondays 4.30 – 5.30pm**

Our Links Park Soccer School programmes offers children aged 5 – 15 years old the chance to come down to Links Park Stadium and take part in our very own Soccer STARs football curriculum, with the STAR representing SKILL, TEAMWORK, ATHLETICISM and RESPECT, with sessions based around the 4 R’s of football, Receiving the ball, Retaining the ball, Running with the ball, and Releasing the ball.

**Soccer Saturday – Saturdays 9.30am – 11.30am**

Our Soccer Saturday programme is an age and stage developmental programme, for children aged 5-15 years of age. Participants attending Soccer Saturday follow our very own Soccer STARs football curriculum, with the STAR representing SKILL, TEAMWORK, ATHLETICISM and RESPECT, with sessions based around the 4 R’s of football, Receiving the ball, Retaining the ball, Running with the ball, and Releasing the ball.

**Little Dribblers – Saturdays 9.30am – 11.30am**

Our Little Dribblers programme is a fun and relaxed introduction to the wonderful world of football, for pre-school aged children. Participants attending Little Dribblers also follow our Soccer STARs curriculum albeit delivered in a way tailored for this particular age group. This programme focusses on fundamental basic move competence, providing an essential platform for any budding young footballer.

**Mini Dribblers – Mondays 9.30am – 1015am/ 10.15am – 11am**

‘Mini Dribblers’ is a parent and child session, for children aged 18 months to 3 years of age, and is aimed to provide a fun introduction to the wonderful world of football.

Each session has been specifically redesigned in order to comply with government Covid-19 guidelines, and aims to develop and improve physical literacy amongst participants, by focussing on fundamental basic movement competence, such as travelling, object control, and balance & coordination.

**Para Football – New days and times TBC**

The term Para Football aims to create a shift in focus, highlighting the abilities of players, and emphasising the diversity of persons with disabilities who choose to play the beautiful game in a variety of ways.

PARA

From the Greek preposition “para” - beside or alongside.

FOOTBALL

Any of various forms of football involving kicking (and in some cases also handling) a ball.

Para Football will run in parallel to our mainstream programmes.

A few years ago, we launched our ALL STARS programme, which sought to provide an opportunity for children with a learning disability, and/or a physical, visual and/or hearing impairment to participate in recreational football.

Despite its relative success, we are driven to do better, and to do more, to ensure we continue to provide for all ages, abilities and aspirations in our community. This programme launched, initially, for children in P1 to P7, with the intention thereafter to provide for youngsters in S1+ and adults.

**Walk & Talk – Mondays 1pm / Thursdays 10.30am**

Walking is a great form of low intensity exercise with lots of benefits; it’s free, it’s a great social experience and can have a huge impact on both our physical and mental health helping to tackle social isolation and physical inactivity.

With various walk lengths planned, usually lasting no longer than an hour, Montrose Community Trust now have an established walking (and social) group in Montrose. These walks are designed to combat social isolation and physical inactivity. All walks are led by trained walk leaders through ‘Paths For All’.

**Memories Programmes – Football Memories every 3rd Wednesday 6.30pm – 8pm**

Football, Music & Movies

This programme uses pictures and memorabilia from the past and present, to reignite memories and promote discussion around the table about the beautiful game.  
  
Although originally designed to support people living with dementia, anyone who feels that they would enjoy and benefit from participating in the session is very welcome to do so.

**Community Garden Project – Various days and times**

Nearly two years ago, Montrose Community Trust and Montrose Community Council teamed up to establish a COMMUNITY GARDEN at Sleepyhillock, Montrose.

Then, COVID struck and put all activity on hold.

An area of land, previously known as the ‘Superintendents Garden’ has been leased to us by Angus Council to allow us to develop the initiative, which seeks to ‘tackle’ carbon (through the growing and use of local produce) and isolation (by providing adults with the opportunity to socialise with others).

Our volunteers have completed the erection of our poly tunnel, and have started growing vegetables that will go on to be used in a local community cafe project.

**Montrose Connections Dementia Meeting Centre**

Our meeting centre runs every Monday and Friday 10am – 3pm from Montrose Community Hub in Murray Street, Montrose. This is a referral only initiative for those living with early stage dementia or awaiting diagnosis. We are a person centred social club designed to support those living with dementia and their family carers to remain active in the community by providing a fun, safe and stimulating environment.

Referrals can come from GP’s, social care, post diagnostic team and families.

**Montrose Connections Dementia Café**

Running every second Wednesday from 1.30pm – 3pm at Montrose Community Hub our café is open to anyone to come along for a cuppy and chat and learn more about our Meeting Centre. This also serves as respite for family carers giving them an opportunity to chat with others in the same situation as them.

**The Changing Room – Wednesdays 6.30pm – 8pm**

In Scotland, men are nearly three times more likely to die by suicide, with the biggest risk group being men in their middle years.

[The SPFL Trust](https://www.facebook.com/SPFLTrust/?__cft__%5B0%5D=AZVfhZk9gxdWqTOvuwBDlkjRARbRIRs_y7V25pNeBN2uRBrZXQhjtMJzgozVzTME7tkIlpvkSIDjqd_cWgTP7iwvLfF2rRQY6Y3rajuGfUxLCmlKadXPkzxBYNwiisTbLXnAOZtWBbUuHNf0lfWNFz7dHVKPd5jhSOzyuY5pcfBmz4Zm42aMn-JGqYPekv7ueJSwWGZ4lks6fIYwL_y-O750xVfNnjXyyP2c7QA8eh5U4g&__tn__=kK-R) have recently teamed up with [SAMH](https://www.facebook.com/SAMHmentalhealth/?__cft__%5B0%5D=AZVfhZk9gxdWqTOvuwBDlkjRARbRIRs_y7V25pNeBN2uRBrZXQhjtMJzgozVzTME7tkIlpvkSIDjqd_cWgTP7iwvLfF2rRQY6Y3rajuGfUxLCmlKadXPkzxBYNwiisTbLXnAOZtWBbUuHNf0lfWNFz7dHVKPd5jhSOzyuY5pcfBmz4Zm42aMn-JGqYPekv7ueJSwWGZ4lks6fIYwL_y-O750xVfNnjXyyP2c7QA8eh5U4g&__tn__=kK-R) and [Movember](https://www.facebook.com/MovemberUSA/?__cft__%5B0%5D=AZVfhZk9gxdWqTOvuwBDlkjRARbRIRs_y7V25pNeBN2uRBrZXQhjtMJzgozVzTME7tkIlpvkSIDjqd_cWgTP7iwvLfF2rRQY6Y3rajuGfUxLCmlKadXPkzxBYNwiisTbLXnAOZtWBbUuHNf0lfWNFz7dHVKPd5jhSOzyuY5pcfBmz4Zm42aMn-JGqYPekv7ueJSwWGZ4lks6fIYwL_y-O750xVfNnjXyyP2c7QA8eh5U4g&__tn__=kK-R), to launch The Changing Room, an innovative mental health programme which utilises the power of football to encourage men to talk, and open up about their mental health.

After the success of our previous intake earlier this year, we are delighted to announce that we will be launching a new cohort in September.

The 12 week programme, comprises of 12 x 90 minute sessions, which will provide a safe and welcoming space at Links Park Stadium, to allow men the opportunity to learn from each other’s experiences and improve on their mental well-being.

Fully trained MCT staff members will guide participants through various workshops and activities which are proven to aid in the improvement of mental health.